CycleOps POWER

SuperMagneto™ Pro Trainer

User Guide

INTRODUCTION

Congratulations! You've purchased one of the finest cycling trainers available.

Never before has a trainer provided the versatility and real-world feel of the CycleOps SuperMagneto™ Pro. By selecting one of the four PowerTuned resistance curves, the CycleOps SuperMagneto™ Pro offers the ultimate for every ride type and rider.

Easy allows you to pedal easily during a low power recovery ride.

Road provides true road like feel for longer rides.

Interval provides slightly less resistance at moderate speeds while giving you leg burning resistance for high speed intervals.

Mountain delivers gear grinding resistance for high power workouts.

This user guide will take you through setting up the CycleOps SuperMagneto™ Pro trainer, and thoroughly explains how to use the CycleOps SuperMagneto™ Pro's four power curves to give you an edge over the competition.

Common Sense Precautions

Before starting any exercise program, consult with your physician or health professional. He or she can help establish the exercise frequency, intensity and time appropriate for your particular age and condition. If you have any pain or tightness in your chest, an irregular heartbeat, shortness of breath, feel faint, or have any discomfort while you exercise, STOP! Consult your physician before continuing. Failure to follow any of these safeguards may result in injury or serious health problems.

- Do not remove feet from pedals while cycling.
- Do not attempt to ride the bike at high RPM's or in a standing position until you have practiced at lower RPM's.
- Do not place fingers or any other objects into moving parts of the trainer or bicycle.
- Keep children and pets away from your bike and the trainer while in use. Do not allow children to ride on your bike.
- Never turn pedal crank arms by hand. To avoid entanglement and possible injury, do not expose hands or arms to the drive mechanism.
- Do not dismount from your bike until both the pedals and the rear wheel are at a complete STOP.

Part 1: Setting Up Your CycleOps SuperMagneto™ Pro

1.1: Parts Listing

Your CycleOps SuperMagneto™ Pro trainer should come with all of the following components:

- Assembled CycleOps SuperMagneto™ Pro Trainer resistance unit and frame (A)
- CycleOps Skewer (B)
- *Race Day* training DVD (C)
- Warranty registration card (Not Shown) (You may also register your CycleOps trainer at www.cycleops.com)

If you do not find all of these items in the box, please contact Saris customer service at 800-783-7257 (option 3).

1.2: Trainer Setup

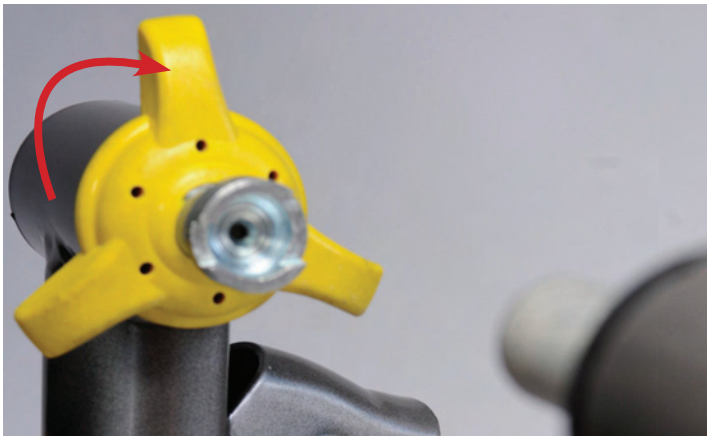
To set your trainer up, extend the legs as shown below, then set the trainer on a flat surface.

Turn the thumb wheel to adjust the leg and level the frame as shown below.

1.3: Attaching your Bike to the Trainer

The CycleOps SuperMagneto™ Pro trainer is designed to be used with the provided skewer. Replace the skewer on the rear wheel of your bike with the one provided. Make sure the quick release handle is on the left side of the bicycle and faces upward.

Rotate the yellow skewer clamp knob clockwise to allow sufficient clearance for your skewer.



Pull the yellow cam lever down and rotate 90 degrees clockwise to unlatch the resistance unit. Pivot the resistance unit down to allow clearance for your rear wheel.

CAUTION: In this position the resistance unit can move freely, keep fingers clear of moving parts.

Latch the resistance unit in a down position by rotating the cam lever 90 degrees counter clockwise and push the cam lever against the resistance unit.

Lift your bike up by the seatpost and insert the right side (drive side) of the skewer into the fixed cone on the corresponding side of the frame.

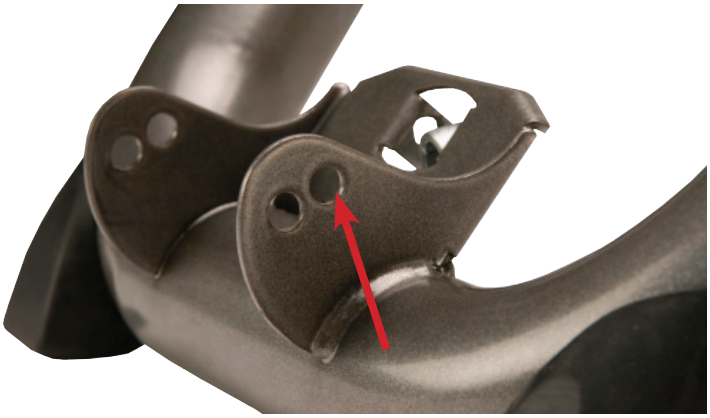
Align the left side of the skewer with the adjustable cone, lining the notches in the cone up with the quick release handle/lever. Rotate the yellow skewer clamp knob as shown below to secure your rear wheel into the trainer. Securely tighten the knob until tightly in place.

Note: Your bike does not need to be centered on the roller for it to function properly

Pull the yellow cam lever down and rotate 90 degrees clockwise to unlatch the resistance unit. Push the resistance unit towards your rear wheel until the roller contacts the tire. Latch the resistance unit by rotating the cam lever 90 degrees counter clockwise, while holding the resistance unit. Compress the roller against the tire by pulling up on the cam lever as shown below.

The resistance unit should be tight enough to prevent the tire from slipping during accelerations. A small indentation will be seen in the tire when tightened properly. If slipping occurs, increase tire compression by relatching the resistance unit. Pull the yellow cam lever furthur down while performing the initial unlatching step.

Note: If the cam lever pops open while riding, move the resistance unit and mount it to the front bolt hole as shown below. Most tires will fit using either mounting hole. Larger tires including 29" MTB tires require mounting to the rear hole.



Note: Be certain your tires are inflated to their proper pressure. Knobby tires will cause noise and vibration. For best results, use a slick-tread tire. Note that any stationary trainer will increase the wear on your tires. Using harder rubber composed tires will improve their life.

1.5 Detaching your Bike from the Trainer

Pull the yellow cam lever down and rotate 90 degrees clockwise to unlatch the resistance unit. Pivot the resistance unit down to allow clearance for your rear wheel. Latch the resistance unit by rotating the cam lever 90 degrees counter clockwise and pushing up.

Hold your bike by the seatpost. Rotate the yellow skewer clamp lever counter clockwise to release your bike.

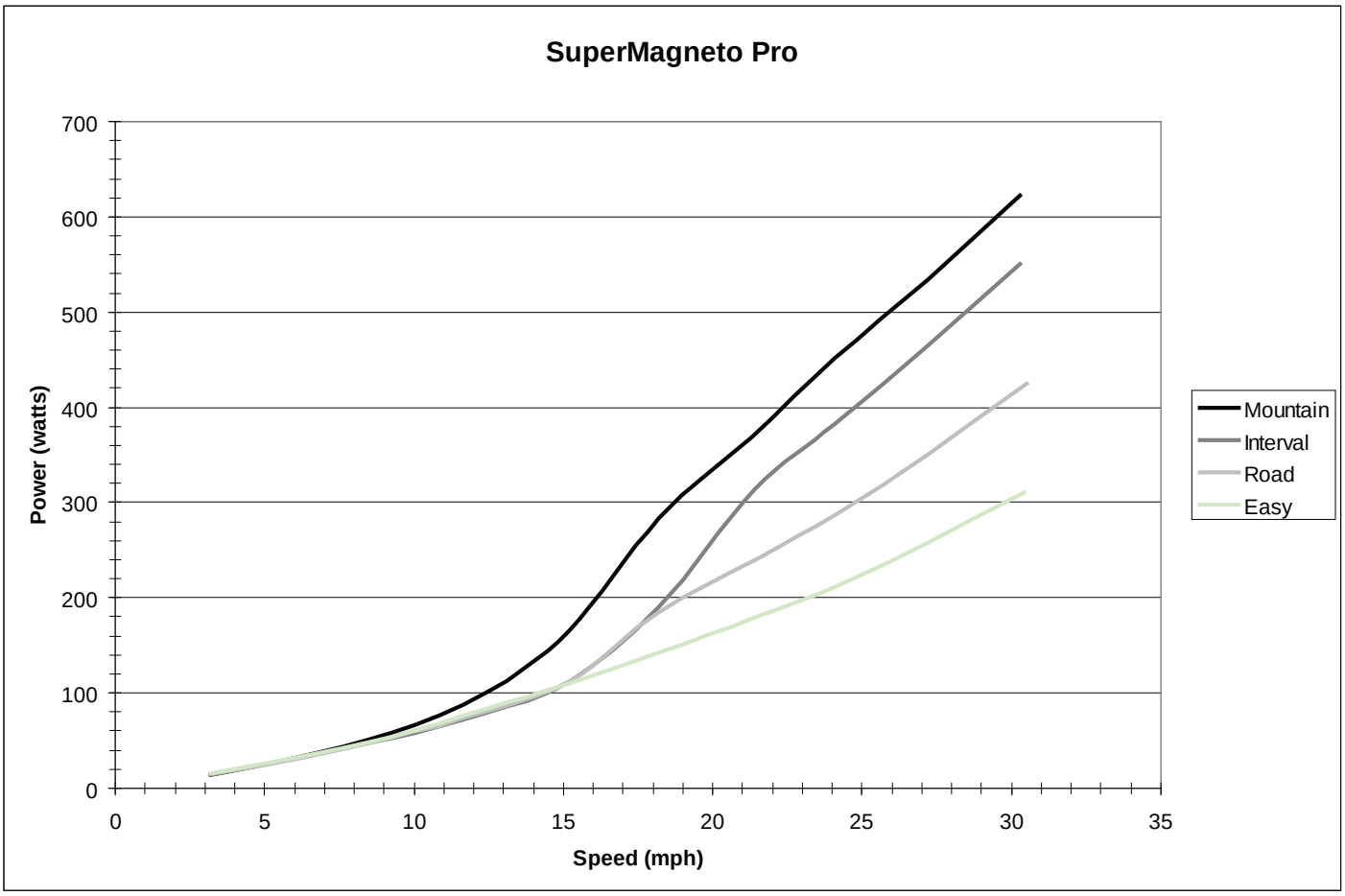
Part 2: Using the CycleOps SuperMagneto's™ Four Power Curves

To adjust the CycleOps SuperMagneto™ Pro's settings, hold the flywheel with one hand and turn the adjuster cover to the desired position. There will be an audible "click." The arrow on the flywheel will be pointing at one if the four icons when the adjuster cover is properly positioned.

For more information about using the four settings, please go on to Part 3.

Part 3: Which Power Curve is Right for Me?

Intensity and duration of training will vary drastically from athlete to athlete. Whether you are training to increase endurance, to lose weight, to be at the front of the pack on your weekly group ride, or are warming up for races, the CycleOps SuperMagneto™ Pro offers enough variety to address all these training needs and more. The four settings offer four distict power curves, each calculating the power you must use to maintain the corresponding speed. The four progressive curves of the CycleOps SuperMagneto™ Pro start with lower power and quickly ramp up as your speed increases.



Easy Setting

This setting is the easiest curve on the CycleOps SuperMagneto™ Pro. This will give inexperienced riders a great place to start, while giving stronger riders a great place to cool down or recover.

Interval Setting

This setting provides low steady state power with the ability to deliver plenty of resistance as you bring your bike up to speed.

Road Setting

This setting gives you a gentle road like feel. A lightly progressive curve folllows your cadence up to speed and allows you to ride at a comfortable speed and resistance.

Mountain Setting

This is the hardest, most progressive setting on the CycleOps SuperMagneto™ Pro. It can deliver mountain climbing resistance for high power and slow speed workouts.

You can change the resistance of the trainer to meet your unique goals and fitness levels. As you get fitter and your goals change, the CycleOps SuperMagneto™ Pro grows along with you.

Warranty

The CycleOps SuperMagneto™ Pro is designed specifically for home use and as such carries the following warranty:

All Saris Cycling Group CycleOps SuperMagneto™ Pro products are warranted to the retail purchaser to be free from defects in materials and workmanship. Warranty coverage valid to the original purchaser only and proof of purchase will be required.

Residential Environment:
Frame: Lifetime
Parts: 3 years
Labor: 1 year

This warranty excludes wear items that need to be replaced due to normal wear and tear.

This warranty does not cover:

1. Normal wear and tear.
2. Any damage, failure or loss caused by accident, misuse, neglect, abuse, improper assembly, improper maintenance, or failure to follow instructions or warnings in Owner's Manual.
3. Use of products in a manner or environment for which they were not designed.

Limitations

The foregoing warranties are in lieu of and exclude all other warranties not expressly set forth herein, whether expressed or implied by operation of law or otherwise, including, but not limited to, warranties of merchantability or fitness for a particular purpose. Saris Cycling Group shall in no event be liable for incidental or consequential losses, damages or expenses in connection with its exercise products. Saris Cycling Group's liability hereunder is expressly limited to the replacement of goods not complying with this warranty or, at Saris Cycling Group election, to the repayment of an amount of the purchase price of the exercise product in question. Some states do not permit the exclusion or limitation of implied warranties or incidental or consequential damages, so the preceding limitations and exclusions may not apply to you.

Procedures

Warranty service will be performed by Saris Cycling Group or an authorized Saris Cycling Group Dealer. The original purchaser must provide proof of purchase. Service calls and/or transportation to and from the Authorized Saris Cycling Group Dealer are the responsibility of the purchaser.

1. Saris Cycling Group will have the option to repair or replace any product(s) which requires warranty service.
2. Saris Cycling Group will replace any unit that is structurally defective with a new unit or a unit of equal value.
3. In the event a product cannot be repaired, Saris Cycling Group will apply a limited credit reimbursement toward another CycleOps SuperMagneto™ Pro Trainer product of equal or greater value.

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